

If you or others in your family are ready to quit smoking, ask your doctor or nurse for help.

Or call:

- American Lung Association
1-800-586-4872
- American Cancer Society
1-800-227-2345
- Your local health department

One of the *Best* Things You Can Do *For Your* *Kids*



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Created in cooperation with
Southwest Washington Health District

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Snohomish Health District



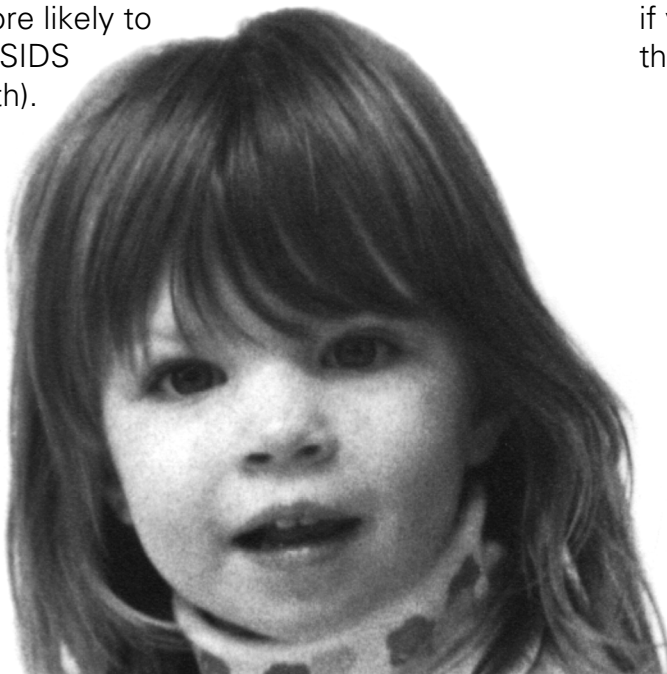


Protect them from *secondhand* *Smoke*

Kids who breathe secondhand tobacco smoke are more likely to have:

- coughs and colds
- ear infections
- bronchitis and pneumonia
- breathing problems and asthma
- allergies
- lung cancer and heart disease later in life

Tobacco smoke is really bad for infants. Babies who breathe secondhand smoke or whose mothers smoked while pregnant are often born underweight, have problems with lung development, and are 2 to 3 times more likely to die from SIDS (crib death).



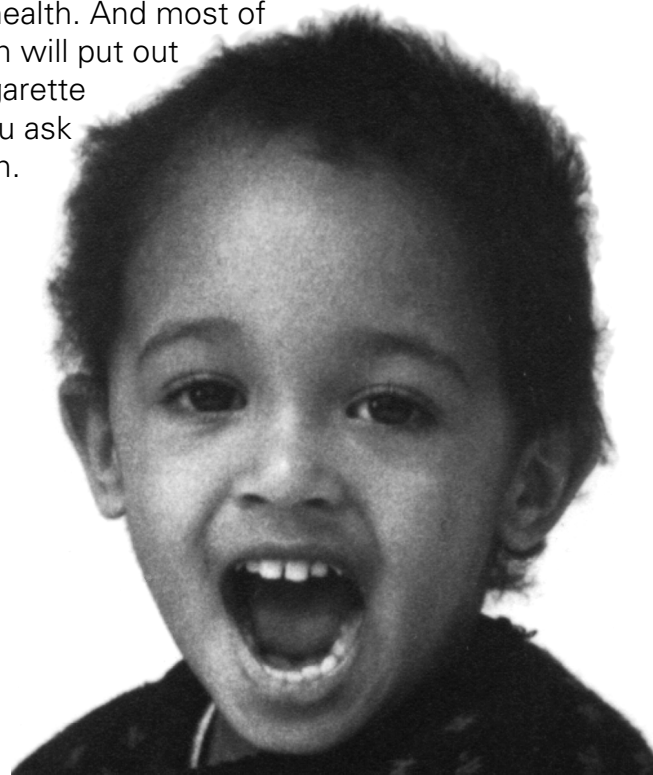
How to talk to a friend or relative

"I know it's hard when you don't smoke, but I know you care about our health. I'd like to ask you to smoke outside. I don't want to hurt your feelings, but this is really important."

Keep your kids' air smoke-free:

- Don't let anyone smoke in your house or car
- If you or others in your family smoke, go outside
- Make sure babysitters and child care workers don't smoke around your kids
- Avoid places where smoking is allowed. Eat at smoke-free restaurants.

Most smokers know that tobacco is bad for health. And most of them will put out a cigarette if you ask them.





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If you have questions, contact:

Office of Health Promotion

P.O. Box 47833 Olympia, WA 98504-7833

(360) 236-3736

Sincerely,

Health Education Resource Exchange Web Team

P R I N T I N G S P E C I F I C A T I O N S

Title: **One of the Best Things You Can Do for Your Kids**

Size: 8 x 9

Paper stock: 70# vellum natural white text

Ink color: Pantone Warm Red and Black

Special instructions: 2-sided printing with bleeds. Finished job folds to 4 x 9

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